

Cucumber Lemonade Gin Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

85 min.

SERVINGS

servings

16

CALORIES

calories

132 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 large cucumber trimmed sliced into rounds on a mandoline
- ☐ 24 ounces hendrick's gin
- ☐ 16 servings ice cubes
- ☐ 4 lemons whole halved
- ☐ 0.5 cup sugar
- ☐ 1 quart water

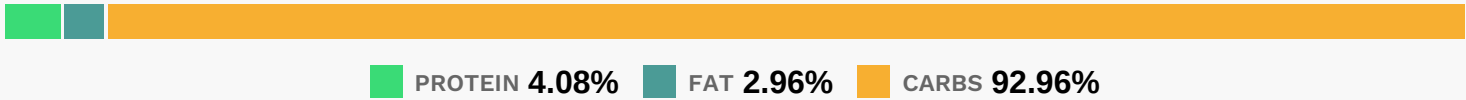
Equipment

- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Juice the lemons and place the strained juice and the bodies into a large pot.
- ☐ Add the sugar to the pot and muddle with the lemon bodies and juice for 2 to 3 minutes.
- ☐ Remove the lemon bodies, add the water and stir until the sugar has dissolved.
- ☐ Strain the mixture into a 3-quart glass container and add the cucumbers. Steep for 1 hour.
- ☐ Add the gin and stir to combine.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:7.85, Glycemic Load:4.85, Inflammation Score:-3, Nutrition Score:1.7708695893702%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 132.22kcal (6.61%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.24g (3%), Sugar: 7.15g (7.95%), Cholesterol: 0mg (0%), Sodium: 7.14mg (0.31%), Alcohol: 14.2g (100%), Alcohol %: 8.64% (100%), Protein: 0.4g (0.8%), Vitamin C: 14.87mg (18.02%), Fiber: 0.88g (3.51%), Copper: 0.05mg (2.51%), Potassium: 62.04mg (1.77%), Vitamin B6: 0.03mg (1.55%), Manganese: 0.03mg (1.44%), Folate: 5.42µg (1.36%), Magnesium: 5.41mg (1.35%), Calcium: 12.99mg (1.3%), Vitamin B1: 0.02mg (1.25%), Iron: 0.22mg (1.23%), Vitamin K: 1.26µg (1.2%)